



## Welcome to “What’s Fresh NOW”



**Oct. 3, 2006**

***It's time to get to the “root” of our Puget Sound Fresh fall crops!***

***Root vegetables are the fall stars at the markets...from carrots to potatoes, pumpkins to squash, and our local apples and cider make their annual appearance.***

***For a fun, family-friendly outdoor experience, plan to enjoy the 2006 HARVEST CELEBRATIONS on our local farms. Saturday, Oct. 7, you are invited to take a tour of local farms, enjoy a hayride or corn maze, and sample the best local agricultural products. For a complete list of participating farms, activities, hours and directions, visit: [www.cascadeharvest.org](http://www.cascadeharvest.org).***

***Plus, you'll find a complete list of Puget Sound Fresh Partner stores and our local farmers markets, their hours, days and locations at: [www.pugetsoundfresh.org](http://www.pugetsoundfresh.org). The farmers markets are beginning to close for the season, so check carefully for fall and winter hours before you go.***

***Remember to ask your local grocery stores, restaurants and markets for local, Puget Sound Fresh products when they are in season!***

*On our Website, <http://www.pugetsoundfresh.org> .....  
..... you'll find lots of recipes, and easy access to information  
on local markets that feature our Puget Sound Fresh produce  
and directions to the farms that grow our healthy food.*

## **Now...Here's "What's Fresh NOW" from Puget Sound Fresh.**



**Spinach** – yes – our local farms DO still have healthy, safe spinach. Ask at your local farmers market.

**LETTUCE:** Fantastic varieties on the market tables now....red, green, crisp and tender.

**GREENS:** A huge variety of salad greens and delicious choices for grilling, steaming, etc. Look for kohlrabi, chard, arugula, beet greens, bok choy and lots more.

### **MORE VEGGIES:**

Beans – several varieties to try – those for cooking whole or varieties that you shell first. Try a new color or shape this year.

Broccoli

Cabbages – red and green

Carrots

Cauliflower --- white, yellow/orange and purple!

Squash – HUGE variety: Zucchini, Patty Pan, Crookneck, Butternut, Delicata, Acorn, Sugar Pie Pumpkins, Hubbard and more, with more to come in the next few weeks!

Japanese Eggplant

Cucumbers – salad or pickling varieties – getting toward the end of the season

Corn – yellow, white and bicolor (cook it for just a minute for best

flavor)

Edamame

Tomatoes– look for red, yellow, big, small and even purple!

New potatoes --- white, purple and red

Beets – great in salads or steamed

Fresh Garlic, Green Garlic, Garlic Chives (try garlic greens in a salad or stir fry)

Radishes: White Icicle, French Breakfast, Purple

Onions: Several varieties now in season...yellow, sweet, etc.

Peppers – green, red, orange, multi-color...even chocolate!

Melons (yes, they grow in our region)

## **WILD MUSHROOMS**

**HERBS:** Rosemary, Basil, Cilantro, Mint, Oregano, Parsley, Sage, Thyme, Fennel – for all you cooks!

**LOCAL MEATS – Most are organically raised, and absolutely delicious. Taste the difference!**

**PORK:** Organic/Pasture–Raised and finished from the Kent Valley, Duvall and Skagit County

**BEEF:** Organic pasture raised and finished beef from the Puget Sound area

**CHICKEN:** Free–run locally raised chickens– frozen fryers and roasters from King County

**EGGS:** Collected every morning from organically fed, run–around–the–barnyard local chickens

**CHEESE: LOTS of varieties, from our local cows. Tell your local restaurants about all the great types of local cheeses they can feature.**

**SHELLFISH:** Manila Clams, Oysters, Mediterranean Mussels – try them at some of the farmers markets or at your local grocery store – be sure to ask if they are from Puget Sound!

**HONEY:** Blackberry & Wildflower; Raw, unheated & unfiltered

**CIDERS** – Apple and Raspberry

**HARD CIDERS** – Apple, Honey Apple, Berry

**NURSERY STOCK:** Loads of vegetable starts, herb starts, annual bedding starts, perennials, flower baskets, flowering shrubs

**FRESH FLOWERS:** Farm Fresh Bouquets in a huge array of colors – from beautiful whites to vibrant, bright reds, yellows and blues!



## **RECIPES OF THE WEEK:**

### **Zucchini Fritters**

2 cups shredded zucchini  
1/2 cup shredded leek (or use sweet, or green onion chopped)  
2 tablespoons grated Parmesan  
1/2 cup fresh breadcrumbs, lightly toasted  
1/4 cup finely chopped fresh Italian parsley  
1 egg  
1 egg white  
Salt and freshly ground pepper  
1-tablespoon olive oil

In a medium-size bowl, combine all the ingredients except the olive oil. Shape into twenty-four 2-inch patties.

In a large non-stick skillet, heat the oil over med-high heat. Sauté as many patties as fit comfortably into the skillet at a time; do not crowd them. Cook until nicely browned. Turn and brown the second side, about 4 minutes all together. Remove to a heated platter and keep warm until the remaining fritters are cooked. Serve immediately.

**\*\*If you are wondering what to do with the Lacinato kale, also known as black kale, or Dino kale, (the dark green leafy veg), blanch or steam it, or as I prefer, chop it up and add it to a stir-fry. Or kale can also be great with potatoes or in a soup. Good for You: Zucchini is high in carbohydrates, vitamin A (an anticarcinogen), masked by chlorophyll; also C and potassium. Low in fiber. Source: Great Good Food, Julee Rosso**

Source: Great Good Food, 1993 Julee Rosso  
from [www.newrootsorganics.com](http://www.newrootsorganics.com)

## Sweet Potato and Leek Gratin

This gratin can be served on a bed of fresh salad greens, which will soak up the rich juices, and as they wilt, all the flavors melt together.

1-tablespoon extra virgin olive oil  
2-3 large leeks, halved length-wise, thinly sliced, and washed  
1-teaspoon ground fennel seed  
Salt and pepper  
5 garlic cloves, finely chopped  
2 tablespoons chopped fresh herbs: parsley, & thyme or marjoram  
1cup cream  
1cup milk  
1 bay leaf  
1/2 teaspoon peppercorns  
1/2 teaspoon fennel seed  
2 ounces provolone cheese, grated  
2 ounces Parmesan cheese, grated  
1 1/2 pounds sweet potatoes, peeled and thinly sliced (scalloped potato style)

Heat the olive oil in a large skillet; add leeks, garlic, ground fennel, 1/2 teaspoon salt, and a few pinches of pepper. Sauté over medium heat until the leeks are heated through, then cover the pan and steam until wilted, about 5 minutes.

Meanwhile, combine the cream and milk in a small saucepan; add the bay leaf, peppercorns, and whole fennel seed. Steep the cream for 15 minutes.

Pre-heat the oven to 375, and lightly oil a 9 by 13 inch baking dish. Mix the cheeses.

Line the bottom of the dish with a layer of the thinly sliced potatoes, overlapping slices as you go. Sprinkle generously with salt and pepper, followed by 1/2 the leeks, and one-third of the cheese. Repeat process, and after you top the final layer, pour the hot cream over. Cover and bake

the dish or 40 minutes. Sprinkle the remaining cheese and bake uncovered, until the potatoes are very tender and the gratin turns golden and little crisp, another 15 minutes. Sprinkle with the remaining chopped herbs just before serving.

Tip for cooking Collard Greens:

Wash the leaves and slice into strips, or chop into pieces. Then boil or steam for about 10–15 minutes. Add lemon, or a dash of red wine vinegar, salt and pepper, and serve!

Collards and Kale are among the most nutritious of all vegetables. They are especially rich in calcium, potassium, and iron. A cup of collard greens, or kale has more calcium than a cup of milk.

From: New Roots Organics [www.newrootsorganics.com](http://www.newrootsorganics.com)

## CIOPPINO

1/3 cup onion, chopped  
1/3 cup green pepper, chopped  
1/3 cup red pepper, chopped  
1/3 cup celery, chopped  
1 tablespoon garlic, chopped  
1 12 ounce can tomato puree  
1 12 ounce can diced tomatoes  
1 teaspoon Johnny's Seasoning Salt  
1 teaspoon Italian herb mix  
1 teaspoon cumin  
1 teaspoon brown sugar  
1 pound clams  
1 pound mussels  
1/2 pound prawns  
1/2 pound calamari  
1/2 pound scallops  
1/2 cup parmesan cheese, grated  
green onion, garnish  
cilantro, garnish

In 2 tbsps oil, saute onion, green pepper, red pepper, celery and garlic. Add tomato puree and diced tomatoes. Mix well and add seasoning salt, Italian herbs, cumin and brown sugar. Mix well and simmer for 1 hour. About 10 minutes before serving add all shellfish and boil until all shellfish are open. Serve over rice or pasta and top with parmesan, green onion and cilantro.

BON APPETIT!

FROM: XINH DWELLEY, Taylor Shellfish Farms [www.taylorshellfish.com](http://www.taylorshellfish.com)



**King County**



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